

Reminiscences of 'an Octogenarian and
"49'er. A

From New Orleans to San Francisco.

"Yet oft we do repine

For the days of old — the days of gold

The days of "49"

"Joaquin Miller"

Who has not heard, of the ~~hunts~~ 49ers — the modern
Argonauts who sailed in search ~~of~~ — not the Golden
Fleece, but something more tangible — The Golden
Dust, just then discovered in the mountains and
streams of California.

Most of them (the 49ers) have passed. I am one of
the few who remain, trying to write my recollections
of the voyage made in that year from, New Orleans
to San Francisco. I have for a long time ^{intended} to do this
— even many years — Now I am warned, it must
be done soon or not at all, I digress to use
the old saw "It is the improbable that happens" It
holds true now. — for it is 64 year ^{was} since we made the trip
and it ^{at that time} certainly most improbable, that I should be
writing this narrative so many year afterwards

When the war with Mexico commenced at the beginning
of President Polk's Administration, New Orleans became the
central point of transportation of the necessary troops,
supplies, munitions of war &c, and the port was crowded
transporting vessels of all kinds — An unexampled
prosperity, for New Orleans followed, — which only ended
the war ceased, and peace ^{was} declared

A reaction, ^{then} followed, ^{2nd when} business reverted to its former channels, and times were dull, in a marked degree, — particularly during the year 1848, ^{and} which was intensified by epidemics, ^{in N. O.} of both Yellow Fever and Cholera, causing a loss of life ^{to N. O.} — if I remember rightly — by Yellow Fever 1900 and Cholera about 2200, As the population was 125000, the mortality was severe.

The reported discovery of gold on the Sacramento river California, was confirmed, early in 1848, ~~and caused~~ ^{causing} great ~~in~~ excitement every ^{where}, and in N. O. also. Many adventurers left here, for the mines, or the new El Dorado as it was called, during summer and fall of that year. Some passed through Mexico, — Some went West, and crossed that then unsettled portion of the Nation known as the "Plains" — A few ~~to here to~~ went by way of the Isthmus of Panama, & going there on the Pacific Mail steamers, which came here for a few trips; and were then withdrawn.

It was late in the summer, when the following ad. ^{Delta} appeared in the Pacaguine, ^{and maybe other papers}
"For San Francisco & Monterey, Cal'a"
"The Baltimore Clipper built Ship Architect, J. A. Gray Master, will leave this port on the 1st January next for the above ports, touching at Rio Janeiro and can take 1500 Bbls. Freight, and can accommodate 50 passengers in 1st and 2^d cabins

The Architect is 600 tons burden, and from the beauty of her model, and sailing qualities already proven, it is presumed that she can make the passage in less time, than any vessel, either sail or steam in the United States — Shippers or parties, desirous of going

of going - can inspect the vessel now lying in the first wharf in La Fayette - for freight or passage apply to C. J. Meeker 66 Poyarces St. - Passengers in first Cabin \$2.25 - Second Cabin \$1.75 - Steerage passengers not taken.

When I read the above, I did not long hesitate about going to Cal.^a - my mind was made up at once. After these ~~the~~ 4 years have gone since then, I almost realize my feelings of that time - For at once I hurried to secure my passage on the ship, which I did some months before the time for sailing. When the 1st January arrived I was ready and anxious to leave - not so the Ship's owners, All the "bills" had been taken, but not sufficient freight obtained to satisfy. Caused delay in our departure - but finally we had notice that on Jan'y 18th 1849 - the ship would positively sail, and to be on board at that date. On the morning of that day I was there, as were all the other passengers - and a crowd of sympathising friends and relatives to cheer us with their loving adieus.

The Ship as noticed, was lying at the "Bulls' Head" Wharf, Freight was all on board and stored ^{away}, and only minor details to be finished. Yellow Fever had long ceased. Cholera had almost quit in the City. The day was warm and pleasant, the Sun rose rose bright and undclouded, and every thing indicated a pleasant and happy ~~for~~ voyage.

But now as I recall that day - I remember that it was a matter of doubt regarding the future, with some forebodings. In those days, a trip around Cape Horn was considered a serious affair - difficult and dangerous and only ^{to be} attempted by strong ships and able navigators. As to gold in California, it was uncertain - there might be but little of it - and hard to get - also there might be

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dangers from "flood and flood" — unhealthy climate — hostile Indians &c. No doubt we were taking some chances — We were giving up friends, business and comforts for uncertainties we knew not of. — On the other hand was the glamour of it all, — a new land, — a change of life — the hope of the future, with golden visions, We had the glowing reports of discoveries of Fremont, Kit Carson and others — to back us up and lure us on. But finally came the hour to go — The tow boat had made up its "tow" (3 vessels in all) all ready. Adieus, hand shakes, — tears even, are over — — "All Aboard" and we are off — Slowly but surely we swing ~~off~~ out into the broad bosom of Old Mississippi. Farewell to dear New Orleans and loved ones, whom we shall see not again for years, and for many, ^{never} never again.

But our leave taking is better described in the following, Copied from the files of the Picayune of Jan'y 19 1849.

"Sailing of The Ship Architect"

"The Ship Architect, Capt. Gray, left the Levee at the Second Municipality, yesterday at about $\frac{1}{2}$ past 12 in tow of a steam tug for Cal^a. She carries out a large number of passengers, whose names we gave on Wednesday morning. She is bound round Cape Horn, — her ultimate destination being ^{The Port of} San Francisco. The scene on the Levee, at the time of her sailing was extremely animated. Great numbers of the friends on board, assembled to bid ~~them~~ ^{adieu}, and take a last shake of the hand with those about to take the long but interesting voyage, while hundreds of strangers were attracted to the spot from mere curiosity to go

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upon a ship bound for the newly discovered El
Dorado, As she swung off from the pier, a
parting cheer^{gave} from the shore, and was taken up
and was warmly responded by those on board
and as the noble ship passed down the stream
cheer after cheer, indicative of good wishes
and kindly feelings for those about to trust themselves
upon the bosom of the treacherous deep, Served to
soften the natural grief at parting from friends, We
cordially wish the ship a speedy and prosperous
passage and success to all on board. //

Soon with increased speed, we passed down the
river, The shores, buildings and familiar scenes were
lost to view, and our journey to the Delta at the river
mouth was well underway, — and we began to inves-
tigate our surroundings. Our ship was small, (only 420
420 tons register. (the era of big ships had not commenced)
of the then new style Baltimore Clipper, — broad of beam,
and shallow draught. — known as a sharp flut, The first
cabin was small with about 10 passengers, The second cabin
("between decks") had been roomed off, with about 45 pas-
sengers. Besides these were the Captain, 1st and 2^d
mates, Supercargo, Doctor, Carpenter, 2 Stewards, a Cook
and about 12 Seamen, — in all about 70 Souls.
The passengers mostly, were of La, and New Orleans
A few were from the West, — generally young — above
the average in practical education, and social standing
and all imbued with hope, good feeling and love of action
There were 4 married families, 2 widows
two single women, — a girl of 11, — a boy of 9 and
a baby, — two were invalids, taking the sea voy-
age for health, The Captain had wisely pro-
vided a physician, as the law requires —

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but neglected giving us a "sky pilot" (as we used to say in the mines) for our ~~spiritual~~ spiritual consolation. The Commissary was ~~not forgotten~~ was well furnished in the shape of sheep, hogs, ducks and chickens, — not counting Salt Beef — known as "Old Horse" "hard tack" and Canned vegetables, just then coming into use. All in all everything necessary was provided. A few hours and we anchored at Balie at the mouth of the river at about dusk. We expected to cross the bar next day if a pilot could be had to take the ship to sea — when the real voyage would commence.

About 8 o'clock in the evening, I was standing at the ship's rail, upon what seemed a roll of sail cloth gaging into the muddy waters hastening to the sea. A young woman joined me and we stood together on the soft cloth or duck as we supposed it to be. A sailor approached and interrupting us, said gruffly, "Do you know you are standing on a dead man?" As we replied in the negative, He affirmed it was so. He hurriedly moved away for it was true enough. The Cholera which we imagined was over in the city, was on board the ship. A sailor had died that day of it. He had been hastily sewed up in his hammock of sail cloth, ready for the funeral rites, and it was upon his body, we unwittingly had stood.

The next day he was buried, and others took the ^{dreaded} disease, Consternation ~~for~~ reigned — ~~indiscretion~~ ^{indiscretion} followed and the question was to proceed or not. A second death followed. The ship did not sail until the fourth day, when with a pilot we weighed anchor and took our final departure.

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Out in the Gulf the weather continued cold, rainy and uncomfortable, — The wind was ahead and as the deaths continued, so was the uncertainty. Whether to go on with the trip or return to port was daily discussed. But finally on the 10th day of the trip the Cholera ~~escape~~ ceased. Ten deaths, — three of the passengers and seven seamen one for each day out, ~~has~~ On the 10th day when in sight of the Cuban Coast, we committed the last dead body to the deep. The sun, long obscured, came out in splendour, the wind became fair, the weather delightful, and with all sail drawing, we rushed ~~port~~ with the Gulf Stream, ~~past~~ along the coast of Cuba, at not less than an 18 mile clip. A tremendous shark who had followed us for days gave up the chase and we saw him no more. So far our time had been occupied by the nursing ^{the sick} and burying the dead ^{the} which was a ~~monotonous~~ monotonous act. The body was sewed up in sail duck — a heavy weight — such as a cannon ball or a large piece of stone coal — was attached to the foot of the canvass. The dead body was brought to the centre of main deck; the topsails backed — to stay the ship's speed — all hands called, and the funeral service was read by the Captain, and the body then dropped into the sea, to be known of men no more, forever.

With the first case of Cholera, the doctor, so far as knew, adopted preventive measures. Every one had to swallow the contents of a large glass $\frac{1}{2}$ of brandy & of Castor Oil and a table spoonful of ginger, I don't ^{know} if this was beneficial or not — but this I know; of all who took the Cholera, none survived — some lingered, but finally died. Here I may relate an episode of the disease. A passenger (cabin) White I will call him (tho' not his ^{name}) was of the dead. He was from the West, and I think

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claimed to be a drummer, He was large, good looking and assertive, very genial and social, lively, jovial, and a great favorite with all, with whom he came in contact; Our first night on board was dull, as may well be imagined — and White proposed 'a game of poker — to pass the time as he said; A party of four was soon made up and the game proceeded as usual, While White seemed an adept; The others were comparatively novices at the game, He would offer to see that he could ^{name} catch the persons holding best hands, As the odds were much against him, he had little difficulty in getting his offers taken, Generally he was the dealer, when betting, His luck, was wonderful, and a night or two more he had won largely — some hundreds of dollars, While the Cholera ^{raged}, White was the good Samaritan, He nursed the sick and dying — furnishing choice liquors from his own private stores and doing every thing else to benefit others. But on the 9th day, he also was taken with the Cholera, and shortly after died, He was conscious to the last and shortly before death, called up his partners at Poker, to his bed and said to them "Boys, what you lost to me, is nothing now, — It is yours and also the balance I have, It is all yours to divide among you: for I have none others in the world to take it, and Goodbye" and so he passed to the regrets of all of us, Undoubtedly he was a gambler — but nevertheless he had virtues and faults, which ended with him, as shall be with all of us.

He was the last consigned to the waves, and there — after everything changed In a few ^{hours}, we

(9) ²
We had left Cuba behind, and the Florida
Coast out of sight, and ^{then} truly we felt we were
on the road to El Dorado — Swiftly we
threaded our way among the Reefs and Islands
of the Bahamas and heading to the northeast at
last reached the Bermuda, and there chang-
ing our Course easterly, with the delicious
and never to be forgotten trade winds on our quar-
ter — we travelled towards ^{the} African Coast, This
continued for days, never changing, in direction
— wind or speed, Always a full sail breeze, pure
soul stirring, health giving, aromatic, Cheering —
O those trades — never to be forgotten. The memory
of them — 63 years ago — is a tonic to my old blood.
But description gives no idea of the enjoyment ^{of}
body and mind, Only actual experience therein
will give ^{any} ^{even} idea ^{of} those enchanting seas and ^{fragrant} winds.
Every day gave us something new and strange, but
I cannot give much of detail or description; — if I
did I could fill a big book. We had views of ^{an} island
or two, at long distance — saw a whale and sword
fish combats — unlimited schools of porpoise, flying ^{fish}
and passed through ^{swarmed enough to almost stay our progress}, many
the nauticus, lots of sea gull and strange birds and
do on. But these things are common to all ~~the~~ ^{great}
ships and sailors who ply the ^{great} deep sea, On board
ship, there was little variety, — much sameness — we
played checkers, and some card games, such as whist
cuchre re, athletics a little, — some music in the way
of singing only — for strange to say, among 70 persons
there was not a musical instrument, We had some
diversion; we caught fish occasionally — porpoise and
dolphin, We climbed the rigging, and went aloft

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to watch for sail or scan the horizon — One thing
never failed us — our appetites — No matter what
our fare — it was all the same, (Old Horse, salt
beef or pork, hard tack, coffee or tea, Plum duff
fresh pork, mutton, or chicken, — it was all alike
we were ever hungry — waiting the signal of the bell
to fall in, when we rushed to the pleasant charge.

One of the maidens (the youngest was in her glory, Every-
(nearly) young man

We had some of the finer touches of life, — two maids and
two widows were on board, and the darts of Cupid flew
around with great effect among the vulnerable.

One of the maidens (the youngest was in her glory, — every
(nearly) young man was at her feet offering his devotion to
She was not handsome; but she had youth, ~~was~~ charming
ways and no rivals, Was it a wonder, she was supreme
in that line, — She treated all alike, — dispensed her
favours impartially, and was no wise spoiled by the adula-
tion rendered her. The other ladies made thier conquests
of course, but under different conditions, The fair
sex, though few, were enough to leaven the whole,
Thier presence produced the proper ~~or decorum~~ in so-
cial amenities, which otherwise would have left us al-
most barbaric, And so the days passed swiftly in the
tropics — a period of unalloyed ~~y~~ zest, excepting that
the time seemed too slow for our eager wishes, We wan-
ted to reach the goal sooner than possible.

But all that is a day that has passed, But as I pen these
lines, ^{the ~~these~~ of those times before,} shadows ~~come~~ again to me, Again I see
thier faces — again I hear thier voices in eager ^{hope,}
The fun and frolic of the narrow world which enclosed
us, and the 63 ~~ago~~ seem almost yesterday
And the songs we ~~cho~~ to hear

— 11 — K

— Those — Fosters immortal songs, whose simple ~~tunes~~^{still} words and melodies have charmed and delight thousands all over the world, such as "Old Folks at Home," "Masses in the Cold ~~cold~~ ground" — "Nelly Dale" — "Old Uncle Ned," "Ellen Bain," "Prairie Flower," "Come where my love lies dreaming" and one of them ^{Rosa Lee} holds its place in memory from associations that cannot be torn away. On many of those delicious nights, did I stand with Joe Lawrence, a brother of Fillingham Lawrence, leaning ^{over} the ship's rail, as she glided through the swiftly ~~so~~ slightly rolling waves and sang together that true but plaintive ~~air~~ tune, Joe's grand Baritone would carry the air, and my bass to fill up, would roll out the harmony of

"When I lived in Tennessee, I went courting Rosa Lee
U-li-a-li-o-li-e

When first I did her wooing go — She said now don't be foolish Joe
U-li-a-li-o-li-e.

But the verse, which stirs me even now, for I lived it many, many years after those dreamy year.

"I took her hand, twice cold in death

So cold I scarce, could draw my breath

She saw my tears in sorrow flow

And said "now don't be foolish Joe"

Good, kind Joe, sings I trust in the heavenly choir for he and all the others, ~~excepting myself~~, have on the Old Architect, ~~excepting myself~~, have made the long passage to the other side,

Soon the days passed; and 38 days after leaving New Orleans, the bold ~~low~~ mountains of the Brazilian Coast came in view, and we passed between the giant "Sugarloaf" ~~with~~ which guard the entrance

I think we were about $\frac{1}{2}$ way on the road to Rio when we crossed the "line" as the Equator is more generally known, Of course the old custom of Neptune coming aboard, had to be observed and all who ^{had} not crossed the "line" must expect an initiation of some kind, A notice to that effect was posted on the mainmast, and read something like this, "We cross the line tomorrow morning and Neptune, great God of the sea, will come aboard, If you have never seen him before prepare to meet him, and show your respects. No shirking!! The passengers hardly ~~any~~ expected any thing serious in this, and gave little attention to it, — but were on hand ^{in the} morning, when Neptune sure enough came on deck, attended by 4 or 5 of his ^{sattel} ~~little~~ ^{ites} ~~the~~. They were dressed in some outlandish sailor togs all wearing large ^{and long} beards made of tarred oakum. Neptune was somewhat ~~different~~, differently fixed up having a rough sheet iron crown on his head — the crown had three prongs, and intended to represent a trident, One the men following with a bucket of slush or shaving compound. and an iron hoop in the shape of a razor, Neptune forward surveying the crowd with no friendly eye, and after looking up and down the ranks, yelled in a loud voice "Land. bidders ahoy!! No lies now — Have you all crossed the line before?" "We have your Majesty and, and have prepared you some nice grog as the Captain ordered" "All right" as he drank "But where is Rodrigues?" "Bring him before me," Rodrigues was the Portuguese Second Cook, ~~must~~ who carried a long black beard. — Rodrigues was brought forward

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Reminiscences of an Octogenarian
and 49th yr.

San Jose in 1850

I am holding in my hand, the one half ~~or~~ sheet of note or letter paper pasted on to a piece of wall paper for better preservation, On it is printed or engraved a picture of "San Jose in 1850", as stated thereon, The paper has the stamp of having been made in London, with a Coat of Arms, now hardly legible. In the right hand corner, ^{is} the inscription, Lith. of B. F. Butler, San Francisco; in left hand corner - the name Thos. Armstrong. The picture occupies the whole side of the sheet, and was undoubtedly ^{from} a photograph or Daguerotype of that portion of San Jose where the State House was located in 1850, and the buildings adjacent. The mountains ^{are} in the distance. Figure 1. is placed over the Saloon "El Dorado" ~~owned by us~~, owned by us, and Figure 2 above the State House, from which floats the U. S. flag. Ex wagons, carts, horsemen and others are all represented as they were, the day it was taken.

If this is published, there will
have to be some revision
before needed

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1979-620

I ~~now~~ proceed to ~~show~~ ^{narrate} how this letter sheet came into my possession and to this end — commence with my

Cal^a reminiscences — briefly as possible

I left New Orleans, January 18th 1849, on the Clipper Ship Architect; Reached San Francisco June 28th 1849, A few days thereafter, went to the "diggins" on American River, — at Liacey Bar, near Auburn,

In 1850, in Company with my brother Edwin went to what is now Downierite — but then

known as the "Forks of the Yuba, There

met ^{again} W^m Downie, after known as "Major

Downie, who was a sailor on the ^{Ship} Arch-
itect when we came to Cal^a; ^{m 49.} My reminis-

ces of those days, would fill a volume — but

not now. I wrote a memorial tribute, at ^{when he died} ~~his death~~, in the N.O. Picayune, which was widely copied.

We (my brother and I) made a lucky hit ^{at} mining on Jersey Flat — Dorreyville and returned to San Francisco, California was

admitted to the Union 1850 and San Jose

having been selected the Capital — we conclu-

ded to go there and see the chances for business

We found a small building vacant and for rent, near the State House and at once

rented it, and opened it ^{as} a Saloon. I named it ^{it} "El Dorado" and ^{it} may be seen in the picture, marked "1". It was situated about 150 yards from the State House which is shown in the engraving - The U. S. flag flying from the pole fronting the building.

This view of San Jose, was ^{of} only a small portion of the City. - The upper end - in which the State house was situated,

Our Saloon was a small two story, about 20 x 40 feet, on the corner of the street - and was in full blast, when the first session of the Legislature ^{commenced} ~~was~~, which I think ~~we~~ but am not certain was the 1st of December ¹⁸⁵⁰

This the first - was the "Legislecture of 1000 drinks" - and I can certainly state the Coonomer was well deserved,

Adjournments were always in order, and frequent enough ^{for anyone}. Of course they always came to ~~over~~ us, for we owned the best and nearest Saloon;

Our building was owned by Francisco Pico one of the brothers of the noted Pico family. Another brother was Gen. Andreas Pico who commanded at the battle of San Pas.

-gual - The Only battle, during the Mexican War - in which Americans ^{defeated} were ^{and pleasant} - Both of these Picos were fine, genial, gentle ^{good} - men, and my memory of them is, as ^{of} yesterday.

The price of liquors in those days, was 25 cts. each - Tom & Terrys were 50 cts

good graph above

The rental of this building, was, I think
 \$300 dolls monthly — but I am certain it
 was not less than \$250 — This to day may
 seem enormous — but it was not so — we
 rented the upper story — a single room for \$20
 a day; — ^{used} I suppose for gambling, which
 you see paid more than our rent, Gambling
 in those days was universal — and as legitimate
 as any other business

The prices of drinks was 25¢ for Hot drinks
 (Tom & Jerry or Egg Nog) 30 Cts.

The State House, as shown in the print, was an old
 gambling 2 story — probably the at that time the
 largest building in town, and was situated about
 150 yards from the Saloon; It was large enough
 to seat both the branches of the legislature,
 Most all of the buildings, ^{to be} seen on the print, were
 gambling or eating saloons, and all bearing
 Spanish names; The mountains in the back ground
 are farther off than they seem to be in the print
 or as they seemed to me at that time; I remember
 what I thought, would be a couple of hours ^{walk}
 took nearly a day, ~~and~~ in reaching only the
 foot hills or base of the mountains

I was a frequent visitor at the Legislative meetings
 and became ^{well acquainted with} David Broderick, who was elec-
 ted ~~the~~ Then President of the Senate — also
 J. C. Fremont and W. M. Gwin who were elected
 U. S. Senators, I knew, either personally or by
 sight every member of the Legislature — I imag-
 ine all — all — have "crossed the river" — as I
 am now nearly 85 years old, and at that time
 about 23. — The chances are very small, that any
 still sojourn in "this vale of tears"

It was about this time that a party appeared, ~~was~~ selling — for 25¢ each These little note paper sheets — on which was printed or lithographed — This Vice of San Jose, — We bought several of them and one — the present one — I sent to my sister, Mrs Sewall T. Taylor, New Orleans, It again came into my possession, at her death in 1896 — and sent this year to my niece in San Francisco — I also have a daguerotype, of myself, at 16 — taken in Metamoras — in 1847 — by James M. Duffie afterward ~~Mr~~ U. S. Marshall for Cal^a, and was killed during the War of Secession The plate and frame only — for the outline of the impression has "faded out"

But to return to San Jose details — I was a young fellow then, and ^{like a young man} of course, "my fancy ran to thoughts of Love". — So one day conversing with Don Francisco Pico — I said to him — "Senor," "Can't you introduce I am disposed to marriage —" "Can't you introduce me ^{to} some young lady, willing to marry who would not object to an American?"

"Ciertamente" he replied

"Wealth would ^{be} no objection of course"

"Ciertamente" "I know the person who would suit you, and I am a kind of a guardian ^{to her}, as it were, ~~She will marry~~ She is a young widow — has no children — and will marry again if suited; She is very wealthy — owns a large

Rancho (Spanish Grant) of many Leagues
 with thousands of Cattle, horses &c &c
 She will be at my house, next Sunday, and
 will attend the bull fight on that day, I will
 then introduce and recommend you, and will have
 an opportunity to accompany her to The Bull Pen
 "Casa de Toros". My services for all this, con-
 sidered as a business transaction, ought to be worth
 at least 10000 dollars, if you should marry
 "Are they not"? I agreed with him, that it
 was, and I signed an agreement, written in
 Spanish, which commenced something like this
 "Yo prometo a pagar Francisco Pico, Diez Mil
 en Pesos duros; Dies Mil, &c &c"

I should have said Don Francisco was also the
 owner of the Bull Pen, situated in the rear of
 the Saloon, and his dwelling, according
 to agreement, I went to his house, at time ^{stated}
 and was introduced to the lady, and together we
 went to see the Bull and Bear fight, or rather
 to what should have been a fight, but was not
 I am vain enough, to believe I was agreeable to
 her. She was very gracious; good looking, tho'
 somewhat older than I. But the matter did not
 materialise — We did not marry, — for reasons
 needless to mention, I ^{was} ~~am~~ informed, she married
 an officer of U. S. A. — He resigned his position
 and afterwards became somewhat in California
 history. The State Capital was moved to
 Vallejo — and with the close of the session
 Our —

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Tenancy ceased. We "squatted" on some
land near San Jose, and planted pota-
toes, which then were at fabulous prices
— When ~~the~~^{our} crop was gathered, and shipped
to San Francisco, we found them worthless — a
"drug on the market" — ~~boxes~~^{Potatoes} were piled on the
wharfs and shore of Montgomery St. in stacks
as high as a house, ^{and then} rotted, and washed away
— That ended our experience as truck farmers
and again we hied to the "diggins" and
Mountains — sadder if not wiser
My brother — mentioned herein — like myself
an "Argonaut and 49'er" — sleeps at
Lone Mountain — I am ~~of~~^{old} 85 years ^{old} nearly,
 hale and hearty, — physically and mentally,
I returned on a visit to New Orleans, during
the Reconstruction and Carpet bag era, and
just after the war, ~~and~~^I was a Correspondent
of the San Francisco Examiner for about a year
~~writing~~^{then} averaging, a letter weekly — It was
hard times those days, for both the Examiner
and Louisiana,

I might ~~have~~ give these reminiscences more
in detail — but it is needless now.

I conclude in the words of Sequim
"Will do"

Reminiscences of Yuba County
By H. C. Melbourne
Argonaut 849-er.

My gold mining experience may properly be said to commence November 7th 1848, when I paid my passage money from New Orleans to San Francisco; on the Ship Architect. which sailed January 19th 1849 - and reached San Francisco June 28th 1849

The summer of 1849 I passed in the American River "diggins" Returned to San Francisco that winter and left for Marysville in the spring of 1850, on a small Steamer. - named I think J. M. Bragdon, where we arrived ~~at~~ due time. ~~It~~

My Reminiscences herein commence from that date, and belong properly to Yuba County. Marysville we found quite a thriving place, ~~the~~ The buildings mostly tents board houses and Sheet iron houses Gambling and liquor saloons were rampant and every where, The town was full of pack animals

My memory is rather indistinct
about the names of residents
at that date - but I believe Judge
Stephen J. Field, John F. McCarty
and Belcher were the only lawyers
then in town, I remember the firms
of Harrington & Haseltine and J. C.
Hall - leading Wholesalers,
Yuba County then embraced the
Now Counties of Sierra & Nevada

and wagons, loaded with merchandise going, ^{to} or coming from the mines, — an air of excitement everywhere, No coin used, and nothing sold for less than 25 Cents.

That night we ^{camped} ~~slept~~ on the ground floor of a tent, a gambling ~~Saloon~~ and liquor ~~to~~ Saloon, named the "Blue Ruin" ^{in Jackson} and tried to sleep but did not. "Uncle Jimmy Horton an old ~~man~~ gambler, had "got broke" and went around, cursing and awfully blaspheming at the pitch of his voice, and driving sleep from all eyes, — It is a singular fact — that this old blasphemer was ^{then} and years after, — said to be the only strictly square ~~and~~ gambler in Cal^a.

The next day we left for Long Bar by the Wagon Road — Little did we imagine that from ~~the~~ ^{one acre of the ground} ground we were walking over in less than two years, a man ^{reach} would make from 12 to 15000 dolls. This was ~~not~~ a fact however —

A man name of Beach, Crossed "The plains" with a quart of Water Melon Seed, which he planted a mile or two from town, growing probably the ~~first~~ ^{first} m^{elon} in Cal^a.

3

Certainly in Yuba County
I remember well - paying 400
for a melon, which was well
worth it, - Today probably 20
it would be about the right
price.

We arrived at Long Bar - Built a
Bush Shelter, and went to work for
a Long Tom over, at the small sum
of \$12 a day; The Tom. worked about
8 hands - 2 diggers 1 water dipper
1 Rocker 2 wheel barrow men, ^{alternating}
after 10 Leads ~~was~~ -

In working a week or so - We con-
cluded we could do better and
worked on our own account, with
more or less success, - Here we
first heard of "Salting a Claim"
a young man offered us a claim
for 300 dolls; He ~~had~~ It was
down about 4 feet and he kindly
dug a pan of dirt for us to wash
I went to the river and, washed out
the "prospect" was fine - Certainly
50 g. of gold, - Too much! I smelt
a rat, - dug another pan myself,
which panned out about a cent or
less - A friendly miner told us
it was a case of "salt" which
was the first time I heard the
~~expression~~
Another

event occurred here - which was

4

unique - ~~As~~ A quarrel took place between 2 men who were drinking, and one of them hit the other on the head with a rock, and fractured his skull and killing him instantly.

The matter was taken up by a few of the miners, and it was decided to arrest the killer and take him to Marysville - to pass the ordeal of the Law - The offender made no opposition, but went along with us in a wagon - We to Marysville arriving there we hunted up the Dist Attorney - His name was Mulford, J. G. I think - Anyhow we found and stated the circumstances - Mulford had a good deal to say - what should be done etc., - which did not agree with our plans - We held a little discussion and decided there was too much "Red tape" and took the "Criminal" to "git" - Which he did, and that was the end of that "Murder" case - He never was troubled again - After some time we moved on to Park Bar - This was a rich & thriving place - We bought a tent made beds by driving stakes in the ground, and cooked our grub in a hollow stump.

We Camped at the lower end of the Bar
 & just above Sicards Bar - Found the
 whole of the bed of the river - located by
 Mining Companies, and mostly all of
 the Bar - proper was being worked out
 The Population was large - and the mines
 extremely rich - especially the bed of the
 river which was mostly being dammed.

Gambling and drinking Saloons were numerous
 and during that season there was nothing
 in the way of homicides -

But a sad case of loss of life occurred
 The Connecticut Mining Co ~~were~~ had taken
 up the river bed, as a claim, and
 were digging a wing dam, on the other
 side of the river; The members of the
 Co. Crossed the river, ^{to their work} every morning morning
 on a ~~ferry~~ on a large scow - running
 on a cable, stretched across the river
 The motive power being the river current
 which was extremely rapid and deep
 in the spring - from the melted snow
 in the mountains, It was approaching
 summer - The river had been daily
 decreasing - when on a certain
 morning, the ferry was loaded to
 its full capacity - some 28 or 29
 persons - and had ^{about 1/2 way} arrived at
 the centre of the river, when
 she struck a rock - until
 they concealed - and capsized

Reminiscences of Yuba County
By Argonaut & 49'er

"It's a long way to Tipperary"

And it's a long long time to June 28th 1849 — the
day And it's a long time to '50' for that was
the year I first landed in Marysville, from the
Steamer Bragdon from San Francisco, 65 years ago
— It's a long time to look back — but my memory is
still good about many things, as you may judge
when you read this narrative — Your readers
may wonder some, when I state I am now nearly
88 years old, ^{and am writing as well as I did 70 years or} ~~as I did~~ I came with an elder bro-
ther, on our way to the mines, — We stayed during
the night in the "Blue Tent" owned by Jack
Loud whom we knew in New Orleans, — and
used as a Bar Room and boarding house
Didn't sleep a great deal on account of
"Uncle Jimmy Horton" a well known gambler, being
on a "drunk" and walking all night around
the town — (then quite small) and cursing ^{every}
body and every thing: God, ~~and~~ man, and the
devil, It seems ~~his bank~~ ~~from~~ The Monte
Bank he had been running — had been cleaned
out, — Strange to say this old, blasphemous ^{man}
~~was considered~~ had the reputation, then and
many years thereafter of being the ~~most~~ most
honest gambler in Cal"

Marysville then was a collection of tents
cheap wood and iron houses — but well
laid out in streets, public squares &c

Continued up to the present time — I am not certain — but I don't think there was any newspaper published, nor had Cal^a been admitted as a state.

There were a great number of Bar rooms and gambling houses, Lodging houses and many stores — Business was thriving, and pack trains ~~there~~ and wagons going every where up the mountains, and buildings going up all over the town — However we left next day and ~~footed~~ footed it up to Long Bar, — where we Camped under a tree, and Cooked in another one or stump rather; — We hired out ^{to} a long Tom or to a mining claim owner, who worked a "long Tom" for 14 dollars a day — There were 6 hands on claim, 2 diggers 3 wheel burr^{men} 1 water dipper, and one rocker, In a few days, quit, went to Parks Bar a mile above, and took up "diggins" for ourselves; Made money — but talk of big pay — further up the river, made us sell out and go "prospecting" — We bought an old horse at Auction in Marysville for 95 dolls — packed him and Crossing the Yuba at Deer Creek followed the road to near Grass Valley, when we a great gathering of men on foot & horse back, — who stopped us and asked "if ^{we} had heard the news —? No, " "Well then a man named Stoddard had discovered a lake, way up in the

Mountain, where the gold was so plentiful
 that you could pick it up — like rocks
 and load a mule in an hour or two —
 — "Turn back and go along and get rich
 in a day — and turn back we did, tho
 we had an offer of 250 dolls for the horse
 which we refused, ~~to~~ We travelled a day
 or two, gaining accession all the way
 until our crowd numbered at least 5 or 600
 — but sad to relate, it was worse than a
 pipe dream, — We met a crowd coming back
 from Gold Lake as it was called, "Stoddard
 was a fake or insane" He had run away
 in the night, when he failed to lead them
 to Gold Lake, and thus the first Wild ^{Goose}
 Change ended — Had they caught Stoddard
 he would probably have been lynched.
 We deflected our course, and went to the ^{North}
 Forks of the Yuba, just named Downieville from
 Major Downie — who was a sailor on the
 Ship Architect, which brought us to Cal.
 I pass over what happened us that year in
 Downieville, which would fill a book, and of
 which I have written in former Reminiscences.
 — This narrative ~~belongs~~ belongs to Marysville mostly
 That winter returned to San Francisco, and in
 1851, was again in Marysville; passed through to
 Parks Bar and mines above and after a short
 time returned to Marysville, which had in-
 creased wonderfully in population buildings &
 things

A friend of mine ~~in N.O.~~ whom I knew in N.O. Capt Rooney was opening a Saloon at the Corner of the Square or Plaza as it was called — He had named his place "The Verandah" — It was a large two story building, Had a fine gallery around — hence its name, — The firm name was Rooney & Paul and they wanted to open a Saloon equal to the San Francisco one. — up to that date, a Bar Room in Marysville used only bitter, pepper mint, and brown Sugar. — Beer and Ale was only of the Crank or Root Beer variety. I introduced for them White Sugar, Claret & Sherry wine, Syrup, ~~and~~ Cobblers Mint Julep, Phil^a Ales, And all the New Orleans mixed drinks I knew, We had a band of Music or Nigger Minstrels, ^{costing 100 a week} and the opening was a tremendous success; Liquor was 25¢ a drink, Champagne 10 doll bottle, Receipts about 800 doll a day and night;

We continued on ⁸ to Forks of the Guba
afterwards and now known as Downie
ville — where we spent the summer
with wild exciting and ~~was~~ interesting
occurrences — But which I will not now
write about — only to say the whites found
us again in San F. — and San Jose, during
the Legislature of a 1000 drinks — more

Reminiscences of an Argonaut
+ 49er.

I have been asked to write some recollections of Marysville and other places in Yuba Co., ~~49~~ My memory of the old times, is yet good, in spots, — Tho I am now nearing 88 years. Whether what I am now writing will be interesting to your readers I can't say — but when I talk of the old times — my hearers ask for more — but writing is a different thing — however here goes for what it may be worth.

— June 28th 1849 I ~~arrived~~ landed at San Francisco — after a few days ~~so~~ delay, took passage on a whale boat for Sacramento, where we arrived in a day or two, Sold a "pepper box pistol" for 4 ounces ~~for~~ 64 dolls; put my bundle — a small tent, a pick and shovel with out handles, all which had been given me when leaving N. O. — in a wagon and tramped it to the mines on American river; We headed for Mormon Bar but made Lacey's Bar, a mile above. Spent the summer ^{of 49} mining, until the fall, of 49 when returned to San F. To the mines again in 50 — and at San Jose when the ^{18th} Legislature — of "1000 men" had its first session, — in 1851 left for Marysville — Yuba Co.

067-6601

~~My~~ Of the time, spent after arriving
at San F. and going to Marysville in
H. I could write a big book - but
not now -

With my brother, I took passage on a
little Steamboat, named I think the
Brayton - - Early

2^o 1/2 m

his face and beard douced w.
shaving mixture and The farce of Sh
with the iron razor, enacted, to then
all concerned, excepting maybe the v
after which Neptune returned from
Came and the play was over. i. e. ^{second}
The Neptune in the part was a sailor, ^{and a n.}
of parts, He was, afterwards, ^{well known} in early Cal.^a history as
Major Downey, Down

of parts - named Wm. Downie, and in early Cal.^a
history, ^{became} well known as Major Downie, He was the
founder of Downierville, County Seat of Sierra County Cal.
where I again met him in 1850, It was there known as
the "Forks of the Yuba." The Midwinter Exposition ^{sent for} brought
him from British Columbia, to attend its meeting, and al-
so brought down the ~~cal~~ Cabin which he built, without
nails. His pathetic death from joy, at his reception
^{on} ~~the~~ entering the Golden Gate, became well known
to the whole country. ^{an article published in} I wrote ~~my~~ recollections of him on
board the Architect, and in Cal.^a

^{Then} I wrote an article, published in the Picayune - giving
my recollections of him on the Architect and in Cal.^a
which was widely copied. - ^{this}

Another thing happened about ^{this} time - As I have said
we had no musical instrument ~~on~~ ~~to~~ ~~but~~ among us
but we had something of a musical genius - Jim
Wilson as he was known. Coming in possession of
an old dipper handle, when the Cook had thrown ^{away}
he made it into an excellent fife or flute as
you may call it, At any rate he made good
music with it, and for he was a ^{naturally} ~~thorough~~
and musician; and furnished ^{us} during the
balance of ^{the} trip - all the jigs, reels and other

musical we required, He was a fine performer - and
at whom I had heard of him from the bladders of an
Indians in that wilderness

Christmas Story. C. 1
Of The Early Gold mining days
in California

Christmas Story

Of Old Time California Days

By an Old "49er."

I was ^{alone} ^{my} sitting by the fire, thinking of the past.
The days of long ago, in California came
before me. and I said aloud - quoting
from Juquin Miller

"Yet oft we do repine
For the days of old - The days of Gold
The days of 49."

My youngest daughter, hearing
me - said "Dad, ^{on all your tales of 49} Why not write us a
Christmas Story, with your other California
tales of "49", among the Gold miners?"
"Was Santa Claus a "49er" like yourself?"
"Maybe". "But I did not see him that year
Women were few, then, and children
fewer; but they soon came, and Santa
with them, and, ^{after a while} in a year or two; Christmas
wasn't much any where in the mines
without him". "I might tell you about
a great time we had with him ^{one Christmas} at
Bird Creek". Where and how Walter
Holley fooled Santa and got himself a
wife". "Is it all a story or is it true?"
"But Dad" is it a true story?" "Nearly so"
"About as true as anything told fifty
years after it happened"

And this is the (2) tale C, 2

I have made some changes in names of persons and places, but the essentials are nearly correct.

The Santa Claus, was seldom seen in the extremely early years of gold mining in California. — it must not be inferred — that Christmas was not ^{then} observed — properly or otherwise. ^{But the character of} What kind of an observance it was, maybe surmised, in communities where churches and schools were unknown, and women and children were few indeed. What could be done. — only to drink, ^{again plentifully} carouse and frolic, — something in the way of good eating as we could get, and a little of song, music and stag dancing. But ^{with} ~~when~~ the population ^{with men} increasing from 90,000 in 1849 to 500,000 in 1860, came women, children, churches, schools, and every thing pertaining to a higher plane of society and then Santa Claus was a welcome visitor ⁱⁿ when Christmas came. ^{with the year}

Foot of
Horne & friend
for a while

It was in 1861, "sometime after, and while the "War of Secession" was in progress that preparations to celebrate Christmas commenced at Bear Creek. But before I go on, I must tell what and where Bear Creek was

Bear Creek was first located some time in the early mining days of 49 or 50 and situated high up on one of the mountain streams of Feather River. The "diggings" being quite ^{rich} soon became a flourishing camp and there a good sized village, and at the time our story begins, had a population of ^{some 2000} ~~a~~ thousand or more; ^{and was} a town of some importance - at least so regarded by its residents - the minds (mostly hydraulic) were good - even rich, and the town had its doctor, Lawyer, Justice of the Peace, Masonic Lodge, Church, Express Co. a full quota of stores, and Saloons (and many women and children and handsome maidens as you may imagine).

a brass band - Quartette Club and what was as much or more important to the young men - girls as handsome as could be found elsewhere, ^{was in Cal}

Squire Abloft was the justice of the Peace, a man of large and commanding stature, and wearing a very long, white beard, that well became a Santa Claus, and that well was obtained the selection for him as such at all Xmas celebrations.

He was a native of Kentucky, a strong Union man, very bitter against Secessionists and "Copperheads" as they were called ^{at that time} by their opponents. He was the owner of a very rich mining claim, a man of means whose popularity was not lessened ^{that} he was the father of Jennie Abbott the handsomest girl in town, and who claimed the ~~great~~ ^{affection} devotions of most of the village swains.

^{New} An old time "dyed in the ^{red} Democrat - obstinate as a mule - believed that Genl. Jackson was ^{as} great a man as ever lived, his pet phrase which he was fond of using "My word goes - you bet"

The lawyer Old Judge Brown was another type of a man, - He generally elected to dispute every thing said and disagreed with every body ^{about everything} - particularly Squire Abbott.

^{Walter Holley} Jimmy Clover was a young ^{man} - a miner - aged about 25 - ^{who I think} Came from Texas. I believe, large built, good looking and dead in love with Jennie Abbott who probably was equally so, with him.

But the Squire was opposed to his marrying Jennie - Jimmy was a Democrat and against the war, The Squire a rabid Unionist swore that no "Secesh" or "Copperhead" as those who opposed the war were called

should marry his daughter,

Jimmy was not rich - had only an in-
terest in an unworked claim

and tho' the squire did not say so ^{his party} - may
have been one reason why he did not
want Jimmy for Jenny's husband - ^{and he}
knew that she could get any body else
in town that she wanted to marry.

But in those early ^{California} days the lacking
of wealth was not much objection to
a favored wooer, - "There is nothing
against Jimmy" said Jenny "so Dad
why are you so opposed to Jimmy
Clover?" "Well you can do better" -

"Theres Abe Ebright - worth 50,000 dollars,
- a good man"

"Well Dad" he is too old "for me"
Theres John Downey, - owns all the
Stock nearly in The Excelsior Water Co &
The richest man in town - Theres Ma-
son - The storekeeper son - good look-
ing, ^{and a college man} - a college man, and"

But Dad I dont want them, even
if they want me, which maybe they
dont - I want Jimmy Clover or no-
body - You know I wont marry unless
you are willing", Why dont you like
Jimmy?" "I like him enough, as
far as I know - He's not so bad.

The only bad thing I've heard is
they say he plays poker" and that

- 6 - " C, 6
won't do" — Is that all? Why
^{are the boys} every here plays poker — Why, one
of the men you mentioned is the
^{poker} biggest players in town, and brags
on being the best in town — Now I
don't believe Jimmy play much if any
and I know he never drinks — You
must have other reasons ["]
Well then Jenny — I have ^{"That's the truth"} This war is
going on — and I'm Union — Dyed in the
wool Union — and I'm for the war,
for the war till it ends and ^{well} it ends
right and Jimmy is against the war
He's from away down in Texas — he
Secesh — one of them Copperheads —
and to let you marry one of them?
never! and you musn't think of it"
"But Dad" Jenny replied — I don't
believe all that about him, he's a
Democrat, and maybe against the War
but not against the Union, he's a
brave man and you know he's a
good fellow ^{"and brave"} — Didn't he go into
the Oak Mine, when the pillars ^{were}
cut away — the flakes overhead
falling, and nobody else would
dare to go in — and ^{drag him out} drag Jim Gore
with his broken leg and saved his
life — and Jim Gore the bitterest
Union man here?"
Well Jenny! I can't stand a Copper ^{head}

- 7 - C, 7
"Maybe something may turn up, ^{yet I see where} and that was as far as her dad would go

In the meantime Xmas approached and the dwellers of Bear Creek began to prepare for it as usual.

A meeting at the Schoob house was called and there the leading men met to make their arrangements for celebrating

After some talk, the usual program then in vogue, was agreed upon - Thus

Engage the largest hall in town, decorate it properly - set up two or three large evergreen trees - on which every body in the district could place their presents and gifts - properly addressed and then on Christmas Eve, every body ^{could} ~~Santa~~ meet in the hall - The band was to play - The Quartette Club was to sing Santa Claus, ^{who were of course} was to be on hand and distribute the gifts, - who was to be Squire Abbott of course, Judge Brown to make a speech, - A dance and supper at the Hotel, to follow -

This was agreed upon without debate when Mike O'Brien, public notary and manager in general spoke up. who always favored something new, spoke, "Well men, These arrangements are good enough as far as they go, but we might have something more

to honor the occasion. Fire works for instance ^{At} Foster Bar last year. Santa Claus married two couple and we might ^{have} him, while his hand is in, marry ^{at least} one couple, there's lots of the young folks been sparking here for a good while, and no marriages we ^{could} get at least one couple who will agree to marry and help us to have a good time." What do you all think about it?" I suppose it would do all right" ^{if you can find any such} said the Squire - But I don't" said Judge Brown, I object - a marriage by Santa Claus ~~by~~ would not be legal, only a minister, a justice of the peace, or a judge of a Court of record, can legally marry in this state, I stake my professional reputation on this point.

"Well!" said Mike, aint Santa a minister? - a minister of peace and good will - in fact a minintering angel."

"I think under ^{the} some cases Santa Claus can marry" said the Squire.

"So do I" said Jimmy Clover.

"I will find out who is right" said the Squire, "and let you know if it is legal or not"

And so the matter was left over until Christ should ~~arr~~ come in due ^{time} Squire Abbot was pleased that

that Jimmy sided with him that
"in some cases Santa could legally
marry - and felt somewhat more
friendly - ^{Barney to him} also wrote to the Attorney
General at Sacramento, stating the
case and asking his opinion thereon
who replied - that per se Santa would
have no standing in Court. - however
if he ³⁰ in propria persona was ^{licensed.} a min-
ister of some denominational Church
or a justice of the peace, or judge of
a Court of Record, a marriage by him
would be legal, - whereat every one
was satisfied. except Judge Brown

Jimmy and Jenny often met, and ^{seemed}
to have agreed upon ^{some} plan for the future
At length Christmas eve arrived - and
with it gathered the entire population of
Bear Creek and vicinity - The Masonic
Hall was filled to its fullest capacity
Two large trees reaching to the ceiling at most
were filled with hundreds of packages &
from parents, friends and sweethearts
intended for gifts, presents &c.
Mike O'Brien, acted as manager &
and called for the Brass band who did
thier best, and the Quartett Club who sang
thier sweetest, and then Judge Brown
who spoke in his loudest voice and most
impassioned vein, and then more bands
music, "See the Conquering Hero Comes"

affection

the children
and family
will be

Miss
look in
for calling

- 10 - C. 10

During which Santa came in, well dressed for the character, His long white beard, fur cap covered with snow ^{clad} heavy buffalo robe, deers horns and bells jangling. - He certainly was a veritable Santa, He was greeted with cheers, yells and acclamations from young & old - and the Glee Club sang "Heath, happy days and joy to all" "Harmony to Gladness, Shall this day recall" And then the gifts were taken from the trees - names ^{of persons} called out, - and handed them by Santa ^{very good was alive} + O what joy! - O what fun! After fifty five years I ^{gone} past and I can as I write, with memorys invisible strings - hear, see, and enjoy again.

Then it seemed that the next thing in order was the dance, But Manager Mike made his little speech. "My friends," The parties who had agreed to be married to - night have "backed out" they couldn't "face the music" but we have another couple, who say that they don't like to see the public disappointed, and are willing to be married by Santa Claus now, if he is willing, and can guarantee the marriage to be legal, "So," turning to Santa Claus - ^{now its up to} "It is up to you Sir" "Whats that?" ^{Santa} "Willing" - of course I'm willing - ^{what} My word goes - You bet! "Let Them Come Forward" -

Then, come on the platform Jimmy Clover, and a young woman whose face was red - and halted before Santa.

"Here is your licence - Here, it is"

"What is the young woman's name"

"You will see it in the licence"

Santa opened the paper, "James Clover and Jeannie Abbot, he read, he looked surprised - then frowned - then smiled - and said - Well I suppose you think you have fooled the old man -" But Santa's word and Jack Abbott's word goes you bet!

"Join hands, James Clover and Jeannie Abbot do you take each other for husband & wife, - I do, - I do -"

Then I. Santa Claus, and Jacob Abbott jointly and severally, by virtue of the laws of California and as Justice of the peace of the Township of Bear Creek County of Sierra, and State of Cal.^a do pronounce you husband & wife.

Then the plot was revealed, while the ^{and you were} ~~hows~~ ^{was} were going on, and the crowd cheered the bride and groom - for all seemed to know it, ^{was} going to take excepting Squire Abbott. The young women brought in big iced cakes, and the men bowls of punch, and every body drank and ate; The merry ones sang - "We

A Square Deal— Or Love and Hypnotism.

This is a Reminiscence of the California mining days, (many years ago) — to be exact — sixty years ~~ago~~ — or in 1857. — Probably, I am the only one living of those who had a part in the things herein described; — and it is quite wonderful that I am able ~~at~~ ^{at} my age — 89 — to remember all the things I have here written. But my memory was always good, as to events wherein I was a part, or ^{that} came under my notice; Tho' sixty years have flown — it seems ^{to me} but yesterday.

In 1857, Bucktown was "some" town, as far as mining towns ^{go} ~~went~~; Gold had been discovered there, as early as January 1849, — and the richness of the "diggings" soon built up the ^{then} mining camp, to ^{be} quite an important mining town. It numbered, at ^{the} time my story commences, about a thousand persons, and was headquarters for many more. It numbered quite a goodly array of stores and saloons of different pretensions, ^{and some} ~~more~~ well built dwellings, — a Post Office; Express Co.; Masonic Hall; a small sized Theatre or hall; and many cabins; scattered among the hills and ravines; tail flumes and hydraulic iron pipes. The main wagon road traversed the town from end to end, while another road came down from the ridge joined in the main road or street.

A new brick store had just been finished, with the name of the owner, painted in large gold

- 2 -

Letters : HARRY WHITE. MINER SUPPLIES.

It was in the ^{morning} of a summer day an old man, and a young ^{girl} of about 14 years, came slowly down the ridge road into the main street; their appearance was quite seedy, and ill conditioned. The man ^{was} thin, sun burnt, and as about as ragged as could be; — The girl showed to better advantage — Her plain, old gingham ^{dress} was clean and neat; a palm leaf covered her head and gave ~~her~~ ^{it} a shelter from the sun, which was coming above the hills, and beginning to make ~~it~~ ^{it} ~~unpleasantly~~ unpleasantly warm, Her face was dark, from sunburn, but singularly good looking, and expressive of energy and good nature. She motioned her father, (for such he ^{was}) to the new brick store, and thither the two proceeded and halted at the door, where White the owner was standing, He had been noticing their hesitation, and probably knowing they were strangers to the country said pleasantly to the old man "My friend; I see you are somewhat troubled; Is there any thing I can do for you.!"

"Well, Stranger, to tell you the truth, We are not in the best fix in the world, We are just across the plains; — my wagon broke down for good yesterday on the ridge; maybe a mile from here; and being out of any grub, or food we come down the road to the town; where we could find a lunch or a bite to eat."

"Well my friend, you have struck the right place — You are in God's Country ^{now}."

In California, gem of the world —
and as ~~to~~^{seeing} ~~the~~ ~~strangers~~, come with me,
They followed him, through the store, to
a room in the rear, where stood a table
with plates and dishes ready for use — and
a big Cooking stove — still hot from recent "Go
Here!" "Hop Go!", get us something to eat
quick as you can" — this to his Chinese
Cook, Coffee, — hot cakes, ham and eggs —
something good and quick"

This was soon done, and the Strangers
were pressed to "fall to", and spare nothing
You are my guests to day — and don't
be uneasy, — it don't cost you a cent.
I crossed the plains myself 8 years ago — and
know what you have gone through ^{place} and
and I am sure you have come to the right ^{and}
will have better luck, "

While this was happening; the eyes of the
young man and young girl — were on each
other, and ^{what} took place after; I am sure
that something like Love was getting in his work
Then the old man told his tale, His name
~~his name~~ ^{was} was Daniel Gale — Sarah, ^{his}
daughter's; He was a farmer in Audrain Co.
Missouri, His Corn crop, two years, in suc-
-cession eaten up by the ~~the~~^{Chinch} Bug; he
sold out; Fitted up a Horse team and
wagon and a bull team and wagon
with wife, son and daughter — tried

— ^{to Cal^a} to make the trip. Misfortune followed
him, — "His wife died, They fought Mormons
and Indians; His Son disappeared after a
skirmish with Indians and was yet missing
His Oxteams had to ^{be} killed and eaten, and
his big supply of provisions, for the journey ^{gave}
out, and when they crossed ^{the divide} and come in at
Lawson's, and come some miles down the
wagon road, near Bucktown; They were "up &
against it — The span of horses, worn to skin-
bone gave out and were ^{turned} out to grass. — and
the wagon abandoned as "Old Junx" and
here they were!" — "California Car and will
^{make} — it up to you," ~~and Harry White~~ "Young lady! keep up your grit
and all may be well," said Harry White and
Sarah Gale's face glowed with delight, as she
watched him talk.

It didn't take Harry White long to do something
for his proteges, a boarding house — was for sale
— the owner had made enough money in Buck
town to buy him a farm in Yolo Co, and sold
for two or three hundred dollars the old boarding
shack and tent, with its bunks for lodgers
and the tables, benches, ~~and~~ dishes and
stove which comprised about all of it
and the Old man Gale was installed as boarding
house keeper — and ⁱⁿ a week or two, under the
master hand of Harry White, a complete change
marked the old shack, a new box house ^{with} good.

(14)

~~New Orleans, Feb'y 1917~~
~~Master Masonic Lodge at Downierville~~

Dr

flooring replaced the old log cabin, benches gave place to chairs. — oil cloth, greasy and sticky was thrown out, and good table linen used; — in place of iron and tin — good plated ware, spoons, knives and forks and useful crockery, — But the big change was in the ^{acc}chapter of food and its cooking. — Choice soup, — good fat beef and pork — and all crowned by proper dessert with fruit or nuts, Such a bill of fare, had never ^{before} been seen in a Bucktown boarding house, or even in the more pretentious hotel, and all under the sway of the "fair" sex — and the same prices as before — the news soon spread, and every seat was filled, "Gale's Boarding House" was on the sign^{and} and came quickly to its own reward.

The newcomers prospered otherwise — the old mans span, of worn ^{out} stock soon fattened up on the rich grass of the valleys — and were brought down to the camp, — as they really ^{had} a good blooded strain in them — they were quite valuable, — Gale procured a new wagon for them and established a freight line to Marysville and made money, — having as much work as he could do, all of which continued for some months — during which time Harry White seemed to ~~give~~ ^{give} all ^{the} attention and protection a young girl of Sarah Gale's age could require. He went with her, to all the dances, parties and amusements, in and coming to town, — to Singing School and church, when there

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was any body to preach, which was seldom in those times - They seemed to be mutually fond of each other, and the general impression in town was that when old enough and grown enough, Sarah would marry him. Time passed for some months - Sarah rapidly maturing and becoming handsomer ^{every} day, Then it became known Sarah was to leave us - It was necessary, ^{that} some polishing and culture was needed - and Sarah went to the Sisters Convent in Maryville, where she spent one or two sessions, or a year or so, making occasional visits to home.

Now, then, it becomes needful, I shall incorporate myself in this narrative; as I figure considerably in what follows,

Having some business in Croville, I went there and when ^{going} along the main street; noticed a small sign or transparency; - stating that "Professor Boree Dodds Jr, - would that night give a Lecture on Psychology, or Animal Magnetism - or Mesmerism, with experiments illustrating same, As I had, long before; read of the wonderful feats and performances of the Elder Boree Dodds in the "States." I was curious to witness the performance, - paid my 50¢ and went in. I noted every thing he did in controlling ^{his} subjects, and his really amusing and to me wonderful experiments, The next day I returned to Bucktown, - where nothing had happened, - A week or two passed -

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and a young man came to town and made announcement, that he would "lecture on Psychology, or Mesmerism or Magnetism as it was otherwise known". He further stated he would try his magnetic powers on any who might desire to be psychologised or magnetically controlled (I should here state the word Hypnotism, had not been ^{then} coined),

I went to ^{the} Show — there was a fair crowd on hand, and after a small speech ^{and} some experiments with his "subjects" — he gave an invitation to any one, who wished to be operated upon to come forward. Being somewhat ^{curious}, I advanced to the front row, and took my seat among others who were to be tested — he placed in our hands a small zinc medal the size of a quarter dollar; a small copper wire running thro' the center, a battery so called; to tranquillise the mind. — After holding ^{the} medal in my hand for a few minutes, he took it from me — seated himself fronting me of his knees touching mine — took possession ^{of} ^(my) the hands — and told me to ^{"look} ~~gaze~~ directly in his eyes" which I did — then he ^{said} "now close your eyes" "Close them firm! close them firm!" — "Now you cant open them", "Do your best — you cant open them!" — But I did open them — In fact, I felt no influence whatever — "You are a hard subject" he said, "I'll try you once more" — and he went over ^{the ground}

the ground again — 8 — "Look me in the eyes —
Steady! — firm! — firm!" and firmly and steadily
I did gaze in his eyes — for a minute, —
maybe two minutes and then I seemed to see
his eyes quiver a little, — to droop, —
an instinct told me, my will was overpowering
him — I said quietly and firmly — "Close
your eyes!" He did; I moved my hands ^{from}
his and made a few gentle passes over his
head and face and eyes and he was gone; hypnot-
tised, psychologised, as surely as any one
had ever been before — I tried the usual
"gags" on him, to be satisfied he was under
my complete magnetic will — and turning
to the audience I said "Boys! the Profess-
or has resigned in my favor," — the boys
took in the situation at once, and hur-
rahed! — I was dubbed "Professor" ^{by them} and
by that term was I known and called
thereafter. I was somewhat elated
that I possessed the Magnetic power — and
I went about, testing my ability — I was
stronger than I thought, — I could psycholo-
gise about one person in five — and soon
had two "Subjects" completely under my
control — Kelly and Johnson their names
I could ^{make them} at a word — a glance, — to see,
hear, believe or do any thing — I could
suggest to their minds, I gave exhibitions
of my power, every where in town to the
great wonder of the people
Never, before or since — have I been

so amused — I or laughed so much, as I did in those days — witnessing the fantastic doings of the hypnotized ~~people~~. Harry White witnessed me perform — and was convinced — tho' sceptical at first —

~~and~~ ^{and} then came back Sarah ^{Gale} from Marysville, — polished in manners, language ^{and} accomplishments — no doubt; She had grown too, — matured some, and just beginning to enter womanhood; She was truly a beauty of the Brunette type, Sparkling black eyes and hair, She had a fine ear for music; Could play a little on the piano had a charming voice, quickly learned to carry the Soprano, in the Quartette we formed, and again became the most popular girl in town — Then we imagined what we had so long believed ^{would} take place — her marriage to Harry White — but it did perform according to role — "The best laid schemes of mice & men &c &c", as I must tell; A few days passed, — There came to Bucktown, ^a young man named Woodside, — put up his handbills; calling a meeting at Masonic Hall to form ~~ing~~ a singing school — Of course we all attended all public meetings — The hall was well ^{lighted} with the only burning fluid of those days, Lamp-oil, and in due time the young man came with Violin and Guitar

and after a short delay, addressing those present
stating he "come to Bucktown to start a singing
school — Believed he was competent as a
teacher & would proceed to sing a piece or
two, if some ^{one} would make a selection," When
old Uncle Davis, who never was able to learn
to sing a line of any ^{air}, called for the "Old
Arm Chair, The Professor" (Teacher) took up
^{his} Violin — Played a bar or two, and sang ac-
companied himself on the violin, I had heard
singing before that time and knew something
good when I heard it — but never any
thing of a richer, — sweeter toned voice; and
his playing was equally fine — The applause
was spontaneous from all; — and then ~~they~~ ^{he}
sang the "Old Folks at Home" — It all was some
thing never heard in Bucktown before, — Then
saying he had heard we had a Quartette
Club in Bucktown; invited them to come
up and sing, and he would help (if he
could) — And I went up, — and Charley Gerard
the Alto — and Sarah Gale, as Soprano —
and then we sang Fosters, most finished, it
not, greatest gem — "Come, Where my Love
Lies Dreaming", Then he called for ~~any~~
names, if any wished to join — Price \$8.00
for 12 lessons — Ladies free —, All — those —
who could, or could not learn; — All the
same all joined — All knew, they would
get thier money's worth in future enjoy-
ment

From the moment — Woodside — the Professor
beheld Sarah Gale, — he seemed fascinated

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and which simply grew as time advanced, — as he showed on all possible occasions, It was singing, playing and music on all occasions, that came in his way, and it looked somewhat as if Sarah favored his attentions

And then, some ^{days} later was another break in our social atmosphere — Albert Goldsmith a young man of about 22, came from San Francisco, his object to start in mining business or buying claims, — He was as good looking, as any man as I have ^{ever} seen over 6 feet tall, broad shouldered — build and form perfect; — pure blond type — blue eyes light hair and with all an engaging ^{smile} and a perfect temper and disposition, Of good education and a favorite with all, a person to charm any girl or woman He attended our weekly dances, and ^{there} came in contact with Sarah; ^{they} danced and waltzed together — an art, ⁱⁿ which ^{they} were nearly perfect — Here he followed the ~~man~~ singing Professors example, — At once fell a victim to Sarah Gale's charms, and pursued her, with equal pertinacity; I will not enter into details of the rivalry of the two young men — It engaged the notice of the town folks — and suggested the query — of its effect on the relations of Sarah Gale and Harry White I became dubious myself — wondered how he felt about, ^{it} and as his best

Friend ~~Lead~~ ~~talk~~ went to him to talk things ^{over} and see how matters 'stood, "Well - Harry how are you feeling, regarding Sarah and other matters, -"? "Well Mel - not the best - You know as much as any one - how things are and have been with me - From the first day I saw Sarah Gale, young tho' she was, I loved her, and since then - looked forward to the time I had hoped she would become my wife I knew she always liked me - and thought it was love - and now I begin to see clearly the differences; - New conditions have entered her life, and new persons, - You cannot ^{blame} her or any one else, for the changes happening the young men, seeking her, are good boys and attractive to any young girl - there aint a better singer than Woodside in Cal.^a - Nor a finer looking man than Goldsmith, - Nor a handsomer girl than Sarah, - Then whose' to blame - they are all young - young feeling young tastes and feelings - While I am an outsider - as it were, I am more than ^{twice} the Sarahs age - and all ^{this} I have been forgetting - Yet it is pretty hard - to have your cherished dream of a lifetime, broken up and no remedy"

"You are wrong" I said, "You are depressed - brace up - I dont believe Sarah loves either of the boys - making love to ^{her} You have known her, years - they only ^{days} and you are a rich man - which always counts, - You are not old - and

and young enough enough for any woman
go in to win! — and brings things to a head
and dont give up without a fight " "Well,
This I told him — He studied a while —
maybe, you are right — I mostly get
what I go for — what I have, I got by hard
work — and if I'm beaten, they'll know, theres
been a fight, "

I met him again — "Say Professor" he said
I've been thinking of your psychology work —
Do you claim that a person under your
magnetic power, will do anything ^{that} you will
^{or wish} them to do? — "Yes I believe so — So far I have
found none who have refused" — "Then if
you ordered one to murder another he would
do it?" — "I dont say that he would, with-
out some base of action, But if I told Bob
Kelly — you intended to kill him, and ^{was}
looking for him — he would not wait a
minute — but would kill you on sight —
however "I have not ^{studied} the science much, and
knew but little of it, — "Then Professor
what is to prevent you to psychologise
Sarah Gale, and influence her that she
must marry me and only me?" he said
I was surprised at his question or sug-
gestion and did not hesitate a mo-
ment in my answer, "No Harry — that
I cant and will not do, I dont see
anything fair in it — even if it could
be done — Thats a matter of your Con-
science — Love is a kind of Magnetic

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influence anyhow — and there is no-
thing to prevent you from influencing
her in that direction," — "Well they say
all fair in love and war," he said
— A day or two more passed — and
things went their usual route and
about the same, One evening, several
of the folks were over at old man Gale's
place, Harry White, Sarah Gale, some few
others and myself — I had ~~performed~~
given a few stunts in psychologic tricks
with one of my "Subjects" and was a-
bout to leave — when Sarah Gale spoke
up — "Oh! Professor! — see if you can
psychologise me, I want to know what
it feels like — If I am a subject" &c &c
I excused myself — but said — "Well
let Harry try his hand on ~~you~~ you — He
looks like a person of Magnetic power
let him try" — "All right! all right!
See if you can Harry," — and sure
enough — nothing loth — They seated
themselves and commenced the usual
mesmeric process — Something to look at
for a short time — then placing her hands
in his — then telling her to gaze steadily
in his eyes — which she did — "now ^{close}
your eyes firmly! firmly! — now you
cant open them — do your best you
cant open them" — Sarah tried to open
her eyes — but a quiver followed — then
a slight tremor — and a slight effort

and her eyes were fastened — a few passes down the face — and the job was done — Sarah was truly under the complete control of the operator; was to believe all he would suggest to her plastic^{mind} I looked at ^{his} face; — resolution and satisfaction were there — I wanted to see what he would say — He commenced — "Sarah" — "do you know me?" "Yes" "You are under my mesmeric influence and I want to suggest to you — and impress on your mind some things — Do you understand me?" "Yes" — "Do you know that I love you?" "Yes" — "And that you love me and me only?" "Yes" — "I want you to believe we are to be ^{married} married; that we ought to be ^{as soon as possible} as soon as possible; — do you believe it don't you?" "Yes" — "You will be ready ^{then} ~~to~~ at 10 tomorrow," "Yes" — "Judge Pearl will be here; and be sure you are ready to travel!" "Yes!" — and ^{he} quit, not by any movement or word removing or changing his influence over her, I was disturbed — knew he meant to carry it thro' if he could, — I said to Harry White — "Is this a joke? — or do you mean it?" — "Mean it? — Of course I mean it, I shall not turn back unless ^{it} — and he passed on, I was confused, and thought it might be for the best, & at any rate might not happen —

But at 10 next morning, his buggy & team stood at Mr. Gales door. So, he approached, dressed in his best clothes — "It had to be, and its for the best!" he said, ^{to me} and entered the room. Sarah, dressed neatly in white and her father were in the room, and soon the Justice appeared with his copy of the Cal^a Statutes; "Who are the parties to be married?" ^{he asked} He was ^{told} and they came up, fronting him; "She is under age — but she has my Consent" said her father — The faces of the Couple were smiling and radiant, The squire fumbled at his book — trying to find the proper section — Turning first to Sarah Gale — "Sarah Gale! — do you take Harry White to be your wedded husband?" and he read the balance of the section. "I do" Sarah answered, "Harry White! Do you also promise to take and have Sarah Gale for your wedded wife or ye,?" But no answer came from him, — His face now was pale and troubled and drops of sweat rolled from him — He looked at Sarah — at the judge and at me the judge waited; — again, asked ^{him} the question — Looking as tho' in pain he spoke! "I want to; — I want to say yes; but I cannot; I cannot!" "Then" "All my life, I've been a saure man

11 There's only one person living — who has not
had a square deal from me, — and that's
Sarah Gale, — She is not getting it now —
She is acting under my will power and control
and not of her own — Psychologized and Mag-
netized by me, and the victim of a put up job,
Then Sarah spoke, laughing at sametime, "Yes,
Harry; — it was a put up job; but not yours,
it was mine; — I thumbugged you — you never
closed my eyes; put me to sleep or psychologized
me, I knew ~~you~~ you were jealous; what you had ^{made}
up your mind to you — and helped you ^{along}
— and don't be alarmed, I loved you, from the
first and only you, and now, you have only to say
Yes, — to Judge Pearl, — Yes!! Yes!! yelled
Harry, clasping her in his arms, tears of
joy running down his face, — "Then I pronounce
you married husband and wife"; said the judge
Hissing and cheering followed, and was soon
over, and mounting the buggy — they were away
to Marysville and the Valley,

A few weeks and they returned, Much
more could be written of feasts, dances ^{and}
jollifications — but what's the use, — the main
things have been written of.

Do you wish to know more of Bucklown, I'll
tell you, Workers and people, are dead — Mines,
placers, hydraulics and quartz — have passed away
the town and its name, — almost a dream — a
legend; — the new brick store of Harry White's
where he and Sarah first met, — is an old
weatherbeaten ruin; — alone in its desolation
and figuring in picture cards as a "Relic of 49"

and what of the principal in
 the drama and reminisce
 roadside — the Professor — the singer
 became famous — toured America
 Europe — as a great singer —
 and Albert Goldsmith, became
 husband of a Multimillionaire daughter
 and a Great San Francisco Banker
 himself, rich and powerful, and what
 was more strange in one of his class —
 always the poor man's friend
 Harry White lived on a great ranch in
 Santa Clara Co, where they died, after
 a long and happy lives — leaving many
 sons, daughters and grand children,
 & Two years ago, when I appeared
 in some printed articles in the
 Marysville Appeal; — I received a
 letter from one of the granddaugh-
 ters — ~~not~~ ^{mentioning} ~~writing~~ ~~at~~ the old days
 I had written about. — and the
 writer of this narrative — nearing nine-
 ty years; almost, if not quite ^{alone} ~~at~~
 of all the "old timers" of Bucktown —
 what of him! ? He waits, and waits!

H. C. Melbourne

How to be healthy, and enjoy Life,
And How to attain Old Age,
Told in this volume.

By -
An Old man of 89, still strong, and able
to work.

Health, happiness and long life, are things
which all ^{persons} desire. They can be obtained by
proper living, I believe, and I propose; in
these pages, to show ^{why I so believe} ~~the how~~ ^{at that this I possess} ~~the why &~~
~~the wherefore~~. I have and possess them at
this date, and as I have gained them,
so can also others have them.

Can health, with its ~~blessings be secured~~
blessings and happiness be secured; and
sickness be ~~prevented~~ prevented? In my own
case I have proven it can be done; with
little or no expense to speak of, and a
small amount of will power and self
restraint and it can be done by any and
every one as I have. I am now writ-
-ing in as plain and concise manner as pos-
-sible the facts in my life and experience
up to the present time, to prove what
I say. I am at this moment, a very
old man - 89 years. The few who at-
tain this age - are generally so
infirm or debilitated, as to ^{be} a burde

At this date Dec^r 1st. 1916 —, I am a very old man, for I was born in Snow Hill, Md, Aug^t 12th 1828, thus making me nearly 89 yrs, of age. For a man of that age I can truly say, I am a very remarkable person. Most persons when of that ^{age} are senile or bed ridden, or unable to get around, — Very few can work at all, mentally or physically, and may be said half alive, — having little, if any enjoyment in life.

But such is not my case. I am a well man or nearly so, I am troubled with a slight deafness — but I eat and sleep well, — walk upright, without support, can, and often do manual labor; even a days work; — my penmanship is as good, as it ever was — my hand is not even shaky, My literary work and mentally generally, seems, [so far as I can tell] just the same as ever. In appearance, (so people say) I look 20 years younger than I am.. and life to me is still enjoyable.

Was it always so? No! not alway so — 37 years ago — when I was about 27 yrs. old, I was a sick man and with little hope of cure — as said by the doctors who treated me, But I did recover; treated myself, by a system of living, which I shall describe hereafter; have been a well man, for 71 yrs — with but one intermission; and without the aid or expense of a doctor.

Now, that is something of a record

Peace on Health
Long Life

Now then what, ~~what~~ why and how, — this change from expected death to health and life, long continued, so greatly different from thousands who have passed away under similar conditions. There are reasons of course; there is a cause for every effect and in this narrative, I am giving the reasons or causes which made and have kept me well, these many years, — and I am trying in a plain and candid way — to explain the System, which I have followed and which made and kept me well — and which I really believe will do likewise for any person who will adopt and follow it. — provided of course — they have no organic disease.

It is necessary ^{or} here, that I give a short sketch of my life up to the time I first adopted my system as a curative or cure. I left New Orleans for San Francisco, Jan¹⁸ 1849 on Ship Architect, Capt Gray, — Arrived at S. F. June 28, 1849; thus becoming an Argonaut and 49'er as they are known to day — in song, story and history, I went to the "gold diggers" (a few days thereafter) situated on American River, The next year, on the Yuba River. & then the Feather. But it is needless here to detail my mining experience — until in the year 1857, I was a resident of Timbuctoo, Yuba Co, During these years, I had ~~been~~ good health, with no sickness, excepting an attack of Jaundice, which amounted to little. But in '57, I became the victim of piles, of

of a very painful and a disagreeable nature; caused I think, by indigestion and Constipation. I had been, for a long time a very large and hurried eater; giving but little time to mastication; I consulted good doctors without any success or relief; In fact, I grew worse all the time; I became thin; my legs weaker and dead like; When I arose from a sitting position, I had to stamp for some time before I could walk, and my legs stung as tho' pricked by needles — and I ^{was troubled} with a great weakness and lassitude — my eyes ^{were} yellow; skin sallow; I consulted doctors again, — They pronounced my blood anæmic, and when ~~they~~ I became more debilitated and my case seemed more hopeless, and I thought I should last only a short time — I began to study my case myself,

I remembered when a boy of 14 in Baltimore, my brother had given me a book, written by Count Louis Cornaro in the 16th Century telling how, when 30 yrs. old; he had been given up to die, by the doctors, as a hopeless ^{case} of dissipation; how he changed his habits, life and diet; mode of living — gave up liquors, Smoking, ~~gave~~ eating only ^{certain} kinds of plain, digestible food, at regulated hours, and quantities, and when taken, weighed to the exact amount &c.

Under and by living this system, he became

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well, - died at 110 - married 3 times
and left a numerous family,

His work which he wrote and published -
has been, and is now *considered* the best on
the matter of health and dietary regimen; in
fact its value is indisputable.

Then I began what I, *considered*, a careful
analysis of my case. What was the cause of my
condition, ~~my~~ my general debility, and failing - Of
course, it was mostly conjecture or inference - I
was no physician or scientist - but I concluded
that Cornaro, ^{10015 Night} when he said, nearly all diseases
originated in the stomach, or from wrong and
unhealthy food, and from over eating, I resol-
ved first to try and find a natural cure for
the piles, I concluded to wash the rectum
in cold water injections, daily; morning and ^{3rd 4th}
For that purpose, ^{I procured} a good rubber injection
pipe and ^{ad-}opered as proposed, I, at the
time of using injections ~~was~~ seated myself in
cold water 20 or 30 minutes at a time -
I commenced a thorough regulation of ^{food}
my diet, eating only the most digestible
and but enough ^{to satisfy} my hunger; and being careful
and particular ~~and careful~~ to masticate
every mouthful I swallowed - I took a show-
er bath on arising; generally - and com-
menced exercis^{ing} by walking up the
mountain side, At first I was quite
weak but I gained from the start - and

I regained my health in a surprisingly short^{time} and became a thoroughly cured man, I forgot to mention, I secured a rubber Injection pipe and morning and night, I injected with cold water, My piles, constipation and indigestion disappeared as if by magic, My strength was greater than ever; — and the System I then adopted, I have since followed, all my life, and that is 57 years ago, I have, in that time, not paid ten dollars, for doctors or medicines, True I had a severe^{case} of dysentery, caused by ptomaine poisoning and to day, 89 years old I am able to work some, even at manual labor, I eat and^{sleep} well, and excepting a slight deafness, ~~and~~^{am} physically and mentally sound. I am a living example and the proof of the "system" I am advocating. I have outlived all my old friends, relatives, and thousands of others who seemingly had as much or better chance to live than I had. There must have been a cause for these happenings, I am living and others have gone and passed, I can only be^{alive} from my habits of life; for excepting in some few things I have lived alike to most persons; I never used tobacco in any shape; — but that, in itself would hardly make the difference.

Now then, we may examine in a plain and commonsense manner, what are the laws governing life; — what continues it health and vigor from life till

by nature, in accordance with natural law, When digestion takes place, which always happens, when proper food is properly masticated — it is then passed on and excreted, and health and life is assured and built up in a never failing way.

But when the laws of nature are not observed, (as they should be); ⁱⁿ many ways such as eating wrong food, — failing to thoroughly chew and masticate, and particularly eating too much, then digestion fails or is impeded, and the whole mechanism of the body is impaired if not destroyed, Health ceases, and ill's innumerable ^{commence} and continue until cured or death ensues.

I am not a chemist, physiologist, physician or scientist, and will not attempt to — describe in any formal manner these various maladies or diseases which follow the violation of Nature's laws, but term them in a general manner or class, Indigestion and Constipation ^{seen} to be the commencement, usually, and as indigestion is said to be — "The mother of all ill's" — then, the "thousand and one" diseases of the human body will follow, There will be heart diseases, and liver diseases, and kidney diseases and lung disease and blood diseases, and stomach

and bladder diseases— All of which, doctors will classify and diagnose, describe and prescribe for— with more or less success, according to circumstances,

So then there is ^{no} secret about obtaining ^{health} or contracting disease, Observing a few, common rules of diet, and preparation of food before passing ^{it} to the stomach will always give health, where the contrary action will certainly produce disaster, Nature acts alike to all, and changes for no one.

Of course this requires ^{more} than more knowledge of the fact — it requires ^{will} power and self restraint, — so that we do not allow the pleasure of taste and appetite to make us eat more than enough to interfere with digestion safely and easily, — And how are we to know this? when to quit? — and to eat? I don't think we should eat too little; that would be injurious, too a safe rule would be that when quitting the table you could easily eat more. As to what to eat; you must learn by experience, Eat only food which agrees with you, and which you like Cornaro, measured and weighed his food, and only those things he had tested I don't recollect now if he used tea or Coffee, But alcoholic drinks he—

forbid. So far as my experience and practice goes I have always used some wine beer and liquors, at times, — but always in small quantities — and seldom generally at meals. I don't believe that a small amount of liquor to be injurious. It may possibly assist digestion; I don't think excessive drinking — even drunkenness — nearly as injurious as gormandising or over-eating. Alcohol is volatile, and evaporates — but not so with undigested surplus of food; that has to undergo many changes, which ruin and impair the organs of the body and cannot be gotten rid of otherwise. But after all; — it probably the better plan to avoid all alcoholic drink at any or all times. The scientific opinion now is that there is no benefit in its use; and no nutrition to the digestion or otherwise; and again it is a needless expense and the constant danger that an appetite may be created, in the future, which cannot be controlled. So safely first.

As to tea and coffee, I have always used them; except in my boyhood; then I mostly used milk.

They are both of a poisonous nature — but like, alcohol, they may have something beneficial in them. It is difficult to quit, after long usage. They do injury to some no doubt; and I think it best to be

moderate in the use of either tea or coffee. The practice of this ~~good~~ system is the next consideration. There is the difference between the well man, and one who is sick and wants to be cured — If one is well; it follows he is observing the laws of health; He has only to continue in the same path, for as long as he does so — he is safe — But with the sick person, it is different, There is a cause for his indisposition and he should search for it, Nine times out of ten, he will it, ~~some~~ find it is something connected with his food, his ^tstomach, his eating and digestion, Then he must begin at once, and put these rules in ^{force} — the first thing is to regulate his bowels, by having them open — He can do this by helping nature a little, Not by resorting to drugs or stimulants or cathartics; for these can't cure: — only palliate, temporarily.

Procure a good sized injection pipe ^{and} administer a good enema of water, either cold or warm morning and night until the bowels are ~~washed~~ washed out thoroughly. If piles or constipation exist, relief will soon be had, — but the reduction of food in quantity and kind; and in complete mastication must be done, — Soon, Nature will restore the proper conditions of all the organs; digestion will follow, and the injection need only be ^{resorted}

sorted to in extreme or necessary cases—
Let me say here that the utility of enema
and the injection pipe is very important
and many depend upon them almost
alone, There is a good deal said a-
bout "Internal Bathing" and there are
large pipes manufactured for this purpose
and great claims made of wonderful
cures by their use, — no doubt true, and
correct, and they do everything claimed —
for them — but smaller pipes give the
same results, by using oftener — that is
a thorough washing of the great duct
or canal, known as the "Colon" which
carries all the excretory matter through
the "Rectum". This Channel no doubt be-
comes clogged and requires perfect
drainage to a healthy conditions, These
machines are used with warm water
— and it may be that warm water is
better than the cold — as it is more
relaxing — but I used cold water at
first for its tonic qualities, Injections
empty the "Rectum" by distention and
plenty of water is needed either warm
or cold,

Now then what is the System in a nut
shell? What shall we do to give health
and happiness and old age as I stated in
the beginning? — Simply to eat healthy food
and never too much, — to masticate
thoroughly by frequent chewing, and

to never allow Constipation - but keep the bowels open.

There are other things which help Nature such as bathing the body, exercise, fresh air, absence of worry — but the essentials appertain to food, and its digestion

Now; as to the ^{proof} that this is the correct and true manner of living to ensure health?

I am the proof; — the present and the past, Why did it cure and restore me ^{when} given up by doctors sixty years ago? Why well all these years? — while thousands have passed away in the same time, Nature is no respecter of persons — We grow, live and enjoy life in just the proportion we follow her laws, and suffer when we do not.

I am not writing this booklet, and advancing these views, with any regard to profit or gain; I am too old for that, I do it, because I believe I can and may benefit the public; and to some extent it is my duty to do so.

One may suffer some on the start, changing old habits of eating and ~~eat~~ drinking, but it can be done and will become normal in a short while, and when you are sick you ^{must} do it to get well. When digestion is perfect, one natural passage a day will be assured. Remember! — Cathartics must be avoided except urgent cases. Better a few dishes than many, is also a good rule.

In the preceding pages I only gave my system and my theory based on my experience alone, - But I say more in proof based on the opinion of others, a few of which may cite, all agree, that, ^{as} I have said Food in proper quantities, proper kind, properly digested, is the fundamental basis of health, and the requirement of animal life,

There have been hundreds of writers in all ages, ^{who} have taught this truth, with some in form. There is one of the present time, (Christian) who says many diseases are caused by eating different kinds of food; which separately are healthy; but when mixed in the stomach become injurious and even poisonous - possibly true; - and should make us careful at least.

One of the greatest physicians in the says - among many other things - "Food should be easily digestible, nourishing and meeting the requirements of the metabolism, - No more than one liter (about a quart) of food and drink should be taken at each of the three meals). I think this is too much, unless it is a person who does hard, manual labor; Old people, and those of sedentary lives, should eat much less.

Another great doctor says; "Too much fuel in mans machine, such eating too much meat, or alcohol or tea nervous overwork or lack of exercise, - brings Constipation and bad health, &c &c.

I want to say here, to the readers of this booklet that they must not think that the adopting my system of living will make them well at once.—particularly, if they have any chronic complaints or disease,—all chronic or long standing disease takes some time to cure, but when the cause of disease is removed nature gives a fair chance, improvement will always follow.—and makes it proper that I should say something of the Colon which I believe has a great deal to do with with any and everything relating to health and digestion particularly.

The Colon being the main drain of the body a sewer in fact, carrying off, all the offensive internal accumulations, must be kept open, and then good health is the result,—but doubtless there are many cases wherein the Colon becomes obstructed, and the seat of difficult disease to cure, and obstructions to remove; I don't know of any better, or in fact of any than—internal washing by injections as I hereinbefore stated;—and this must be done before cure can follow;—and this will be the case when ^{daily} actions shall have been attained, without injections.

Probably a Diagram of the Colon, and other Organs, will be of advantage to the reader,—herein inserted.

A whole pamphlet might be filled; regarding a diseased Colon;—but I have not space or

time to say much than this; — that even when the Colon is diseased, or full of impurities — by continuous warm water injections, and following strictly the rules laid down in this booklet — you will soon be restored to a normal condition of good health.

While in these I have denounced cathartics[?] and much medication as useless; I know ^{there} diseases that can be cured, only by other ^{med-}icinal drugs — antidotes to poisons &c. Thus quinine is a certain cure for malarious fevers, And I will give here a certain cure for chronic diarrhoea and dysentery and that is Camirula Bark, This may be taken in any manner or shape, — chewing the bark, and swallowing the juice, or making a tea of it — or making a distillation of whisky and water; — Four or five times a day — a few swallows, and the discharges will cease — It seems to kill the germs at once, I have saved many lives by giving this information